

What is a Nursing Assistant?

The demand for nursing assistants is rising due to the growing population and increased number of elderly requiring care.

Nursing assistants provide many important services that help patients restore their ability to function at the highest level possible. For example, they help to lift patients in and out of wheel chairs and beds, they help serve meals and feed helpless people and they help keep patients clean by giving them baths, to name a few.

These and other important patient care services are provided under the supervision of a registered nurse who may delegate some supervision to licensed practical nurses.



Prerequisite

Enrollment in this course requires completion of the classroom-based *Orientation to Health Occupations* course or the online-based *Fundamentals for Health Professions* course.

Dual Credit

Students completing this course may be eligible for college credit at participating postsecondary health professions programs.

Curriculum (120 hours)

Didactic Education (60 hours)

- Role & Responsibilities of the Nursing Assistant in Holistic Care
- Communication & Interpersonal Relations
- Safety & Standard Precautions Admission, Transfer & Discharge
- Activities of Daily Living
- Exercise & Activity
- Elimination
- Collection of Specimens
- Unsterile, Warm & Cold Applications
- Variations in Nursing Care: Special Nursing Responses

Skill Development Laboratory (20 hours)

- Interpersonal Communication
- Body Mechanics
- Hand-washing
- Donning an Isolation Gown
- Donning & Removing Masks & Gloves
- Cleaning Dentures
- Helping a Person to the Commode
- Perineal Care-Male
- Giving a Bath & Back Rub
- Hair Brushing & Combing
- Nail Care (Hands & Feet)
- Oral Hygiene for the Unconscious Person
- Observing Persons Receiving Intravenous Fluids
- Feeding a Helpless Person
- Taking Blood Pressure & Radial Pulse
- Counting Respirations
- Undressing & Dressing a Person who has Limited Use of Limbs
- Application of Anti-embolic Stockings
- Making an Occupied & Unoccupied Bed (Closed)
- Serving Meal Trays
- Taking an Oral Temperature with Electronic Thermometer.
- Sidelying & Semi-Sidelying Positions
- Supine Position
- Fowler's Position
- Range of Motion Exercises
- Moving a Person Up in Bed with Person's Assistance
- Moving a Person Up in Bed Using a Turn Sheet
- Ambulation of a Person with a Gait Belt
- Ambulation of a Person with a Cane & Walker Assisting a Person to a Wheelchair & Chair
- Giving & Removing a Bedpan
- Giving & Removing a Urinal
- Indwelling Catheter Care
- Emptying Catheter Drain Bag
- Removal of an Indwelling Catheter
- Changing from a Bedside Drain Bag to a Leg Bag, Using Clean Technique
- Preparing the Occult Blood Testing Slide

Clinical Education (40 hours)

After successfully demonstrating mastery of following skill development lab procedures, students are required to spend 40 hours in a clinical facility participating in genuine nursing assisting activities under the direct supervision of registered and licensed practical nurses.

Instructor Qualifications

Primary instructors must be certified or certifiable to teach health professions education by the Idaho Division of Professional-Technical Education. They must have a minimum of three years work experience as a registered nurse, including two years caring for the elderly or chronically ill of any age. Primary instructors without prior teaching experience must complete a *Train-the-Trainer* course at a nearby Workforce Training Network Center or a *Methods of Education* course or equivalent. LPNs or RNs with a minimum of two years experience caring for the elderly or chronically ill may assist with instruction under the supervision of the primary instructor.

To Start a State-Approved Program

Contact SeAnne Safaii • Health Professions Program • Idaho Division of Professional-Technical Education • 650 West State Street • P.O. 83720, Boise, Idaho 83720-0095 • Phone: 208-334-3216 • Fax: 208-334-2365 • Email: sjsafaii@pte.idaho.gov • www.pte.idaho.gov



Note: State approved secondary professional-technical education programs receive a grant annually to help offset added costs for educational resources.

For Program Approval and CNA Testing

Contact: Idaho Board of Nursing • 280 N. 8th St. • Suite 210 • P.O. Box 83720 • Boise, ID 83720-0061 • 208-334-3110

Note: All nursing assisting programs and clinical education facilities must be approved by the Idaho Board of Nursing (BON).

For CNA Testing

Contact: Medicaid State Operations – Nurse Aide Program • Idaho Department of Health & Welfare (DHW) • P.O. Box 83720 • Boise, ID 83720-0036 • 208-364-1953 • FAX: 208-334-6515 • www2.state.id.us/dhw/Medicaid

Note: Successful completion of an Idaho DHW approved course results in graduates receiving a “certificate of completion”. The graduate is then eligible to complete the manual skills and written competency evaluation. Successful completion of the evaluation process will result in placement of the graduates name in the Idaho Nurse Aide Registry.

Note: Nurse Aides are frequently referred to as Certified Nursing Assistants (CNAs). However, in Idaho, CNAs are not “certified” – a term that refers to a form of credentialing that does not exist in Idaho for nursing assistants. Federal regulations (OBRA) require that facilities employing NAs verify that NAs are listed on the NA Registry at the DHW.

HEALTH PROFESSIONS PROGRAM
IDAHO DIVISION OF PROFESSIONAL-TECHNICAL EDUCATION
PO BOX 83720
BOISE, ID 83720-0095

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